Outreach Training for Palmer Park
El Paso County Department of Health and Environment
301 S. Union Street, Colorado Springs, CO

July 15, 6:30 p.m.

AGENDA

I Welcome

Lynn Plummer, El Paso County Department of Health and Environment
John Sakowitz, S-CAP

II Introductions

Lynn Plummer/John Sakowitz

III Briefing on the Problem

Lynn Plummer

IV Volunteer Policies

John Sakowitz

V AIDS/HIV

Betsy Perkins, S-CAP

VI Other STDs and Hepatitis

John Potterat, El Paso County Department of Health and Environment

VII City Ordinance

Tristan Bond, Colorado Springs Prosecutor's Office

VIII Law Enforcement

Sgt. Philip Lebeau, Colorado Springs Police Department

IX Outreach Strategies

Michael Plunkett, El Paso County Department of Health and Environment

X Team Building

Jody Alyn, Ground Zero

XI Information Handout

Lynn Plummer/John Sakowitz

XII Role Playing

Everyone

GUIDELINES FOR PARK OUTREACH

--REMEMBER EVERYTHING YOU SEE AND LEARN IS CONFIDENTIAL. DO NOT SHARE ANY INFORMATION WITH ANYONE-- NOT YOUR FAMILY, SIGNIFICANT OTHER, FRIENDS, OR NEIGHBORS!!!

--Be respectful; listen; hear people out.

--Make sure the police know you are in the area.

--Always work in pairs. Working in pairs has the following advantages: safety, mutual support and encouragement, and presentation of messages in various ways. Each pair develops its own techniques for engaging people's attention.

--Dress appropriate to the area.

--Follow the street code: do not walk up behind people; if a male and a female are together, talk to the man first; and keep your hands out of your pockets.

--Avoid being seen with the police or reporters.

--Look up, ahead and to your sides--not down. Be aware of what is behind you!

--Do not give information on where to go for drugs or sexual encounters. You may put off the person if you give them a bad tip.

--Do not offer yourself as a role model or talk to anyone in "spiritual" terms. You are trying to meet clients on their own level; criticism of their way of life, however indirect, is to be avoided.

--Be honest about your role in the park.

--Be yourself! Be animated; draw people in to conversation; Do not affect mannerisms that are foreign to you.

-- Find a "hook" to engage people--observe them first.

--Always carry condoms and literature; Give them out and use them as conversation starters. Use discretion in giving out condoms.

--Always carry a fanny pack or back pack for literature and condoms.

--Always carry your identification card but leave your wallet or purse at home. Carry only a few dollars on you.

--Do not lend money to clients.

--Always wear comfortable shoes that will not slip.

--Always have a plan for emergencies and dangerous situations.

--Be aware of how you are feeling and how your partner is feeling as well. If you are uncomfortable, leave the area.

--Learn and practice "avoid and approach" techniques. Know when it is appropriate to engage in conversation and when it is not.

--Be aware of body language.

--It is okay to approach a twosome, but do not approach someone involved in a sexual act.

--Do NOT approach people in cars. Wait until they leave their vehicle.

--There may be people in the area with intentions other than meeting someone for a sexual encounter. Do not assume everyone is there for the same reason. Do not antagonize them.

--Do not wear expensive clothes or jewelry.

--Do not carry weapons.

--Do not engage in sex with clients.

--Do not engage in anything illegal.

--Do not come on too strong. Do not pressure people to accept the information you have to offer.

--Do not play "doctor". Refer any medical concerns to their private doctor or to the Health Department.

--Do not street counsel.

Adopted from literature published by the ADAPT program and from STD Outreach guidelines.

PERSONAL AWARENESS AND SELF EXAMINATION

1. Privately interview two people, preferably ones that you do not know. Ask them each of the following questions concerning outreach:

A. What strengths do you bring with you?

B. What are your limitations?

C. Why did you volunteer for this project?

2. Write your responses to these questions.

INTERVIEW #1

A. Strengths

_____

_____

_____

_____

B. Limitations

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_____

_____

C. Motivation

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_____

INTERVIEW #2

A. Strengths

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B. Limitations

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_____

C. Motivation

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_____

STATEMENT OF CONFIDENTIALITY

I, _____, realize that I may encounter people that I know during the outreach process. I agree that everything that I see, hear, and learn during outreach is STRICTLY CONFIDENTIAL. I will not share ANY information with anyone outside the outreach effort. This means I will NOT share information with friends, my significant other, relatives, or anyone else not connected with the outreach effort.

Signed: _____ Date: _____

PRETEST

Please answer either true or false to each of these questions:

1. While doing outreach I should always have identification on me and carry only a few dollars. T F

2. I should wear what I usually wear, including jewelry T F

3. Body language can reveal a great deal about a potential contact. T F

4. Its okay to talk to reporters. T F

5. Because the park is public, usually with a lot of people around, I do not have to be concerned about safety. T F

6. Observation is a great way to find a "hook" to engage people. T F

7. Never carry a weapon. T F

8. I should always tell the client that "what I see, what I hear," remains confidential. T F

9. Working alone is okay T F

10. I should always carry condoms and literature when working. T F

11. Saying "Do what I do" is okay, as long as I do the right thing. T F

12. If there is a hostile engagement I should try to be polite and leave the situation. T F

13. I can not assume that everyone is in the park for the same purpose. T F

14. I should always be ready to direct a person to the appropriate services. T F

15. Its okay to tell a client where the "good" places are in town. T F

POST TEST

Please answer either true or false to each of these questions:

1. While doing outreach I should always have identification on me and carry only a few dollars. T F

2. I should wear what I usually wear, including jewelry T F

3. Body language can reveal a great deal about a potential contact. T F

4. Its okay to talk to reporters. T F

5. Because the park is public, usually with a lot of people around, I do not have to be concerned about safety. T F

6. Observation is a great way to find a "hook" to engage people. T F

7. Never carry a weapon. T F

8. I should always tell the client that "what I see, what I hear," remains confidential. T F

9. Working alone is okay T F

10. I should always carry condoms and literature when working. T F

11. Saying "Do what I do" is okay, as long as I do the right thing. T F

12. If there is a hostile engagement I should try to be polite and leave the situation. T F

13. I can not assume that everyone is in the park for the same purpose. T F

14. I should always be ready to direct a person to the appropriate services. T F

15. Its okay to tell a client where the "good" places are in town. T F

OUTREACH TRAINING EVALUATION

Please take a few minutes to help us improve our training by answering the following questions.

Date: _____ Names of Presenters: _____

Please circle one number which best describes your answer:

The material presented was useful for me.
Not at all 1 2 3 4 5 Very useful

Overall, how much do you think you learned from this training?
Nothing 1 2 3 4 5 A great deal

As a result of this training, you learned helpful techniques for engaging people during outreach.
Not at all 1 2 3 4 5 Very definitely

I was given ample opportunity to participate and exchange ideas with others.
Not at all 1 2 3 4 5 Very definitely

How well organized was the training?
Poorly organized 1 2 3 4 5 Very organized

The training was interesting and enjoyable.
Strongly disagree 1 2 3 4 5 Strongly agree

Overall, how would you rate this training?
Very Poor 1 2 3 4 5 Excellent

I would recommend this training to others.
Not at all 1 2 3 4 5 Very definitely

What aspect of the training program did you find most useful or informative? _____

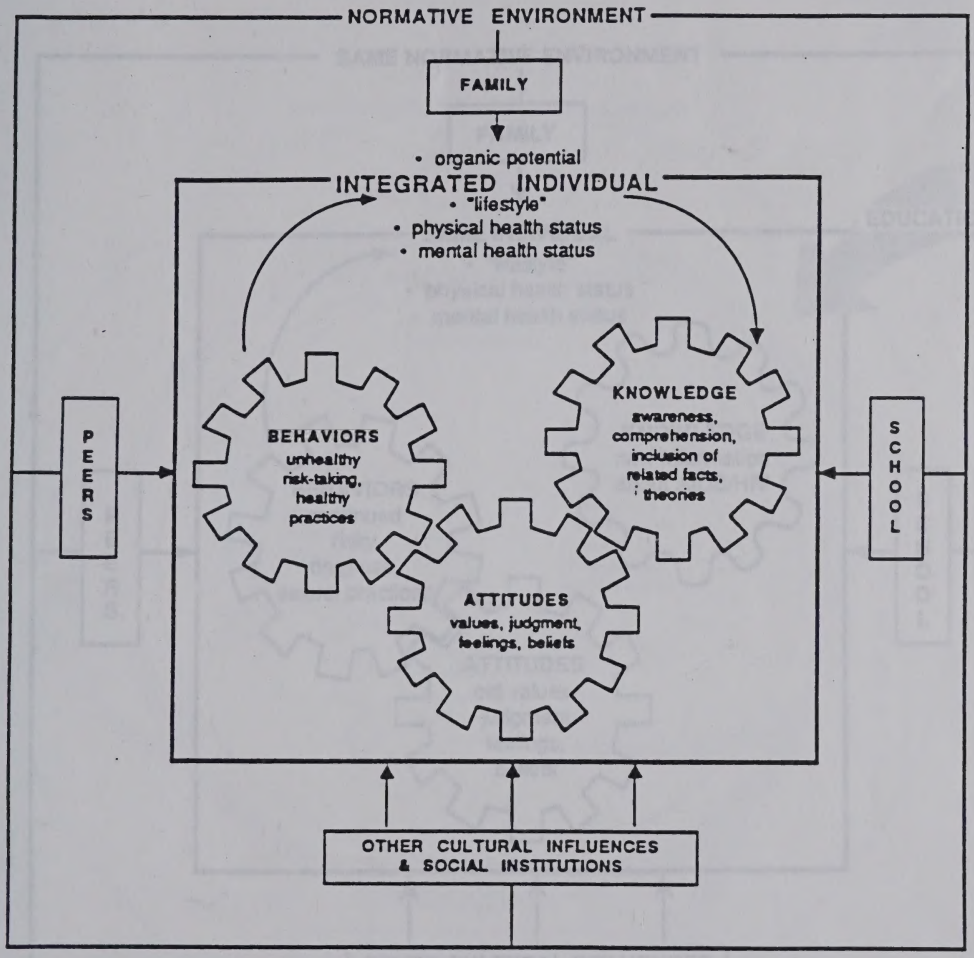
Why? _____

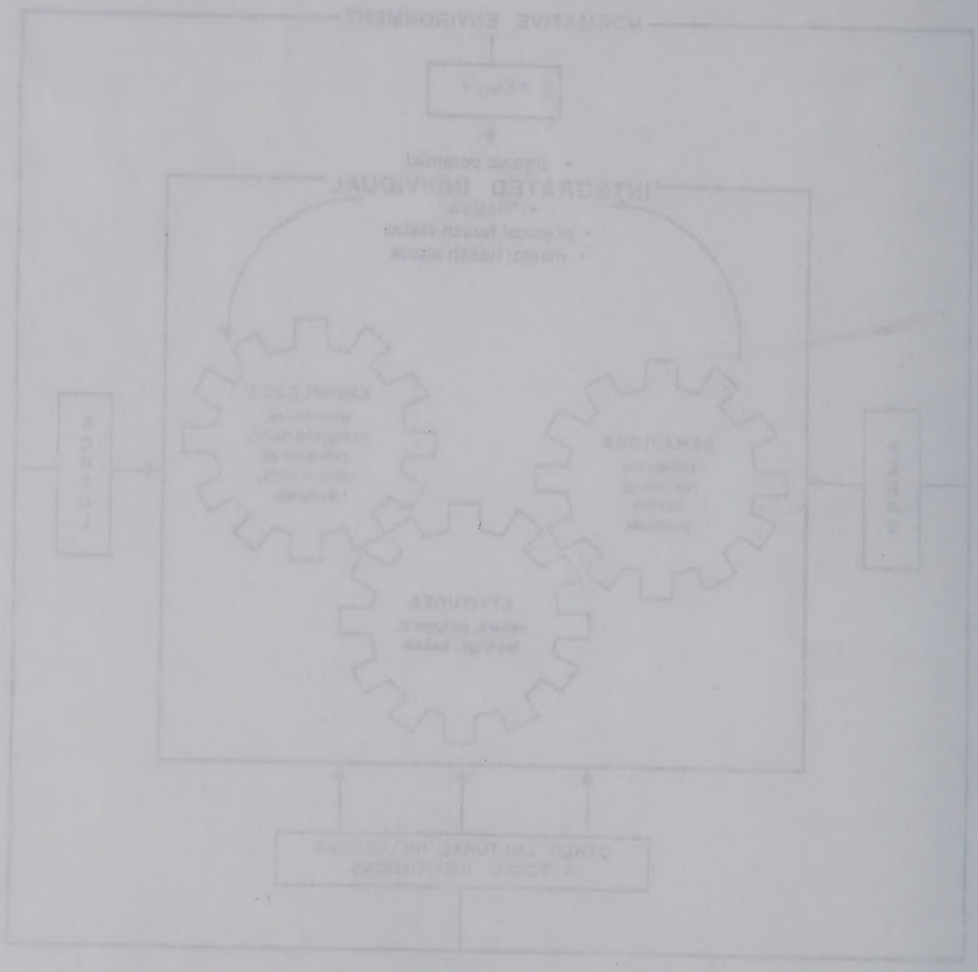
What aspect of this training did you find least useful?

Why? _____

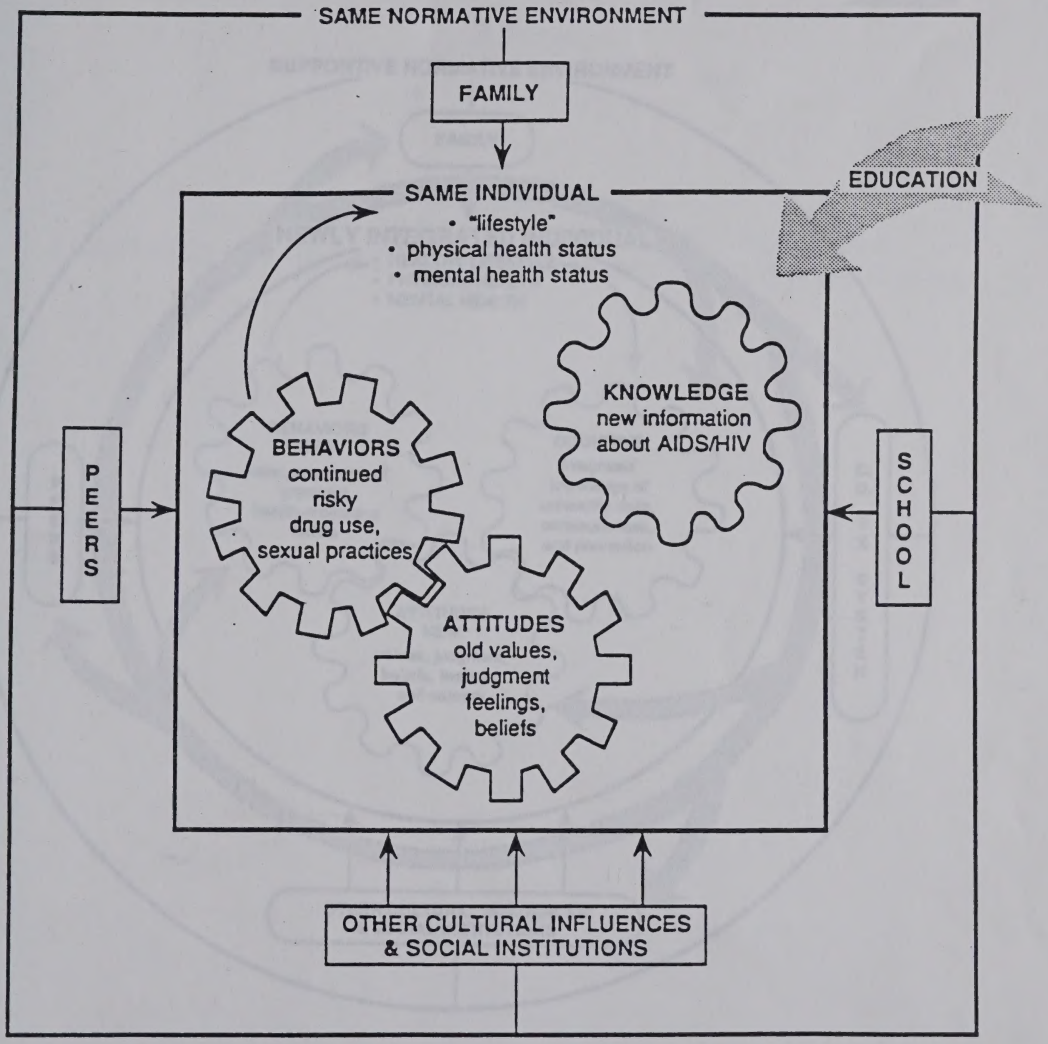
Please make additional comments about this training that might be useful in the future. Use the back if necessary. _____

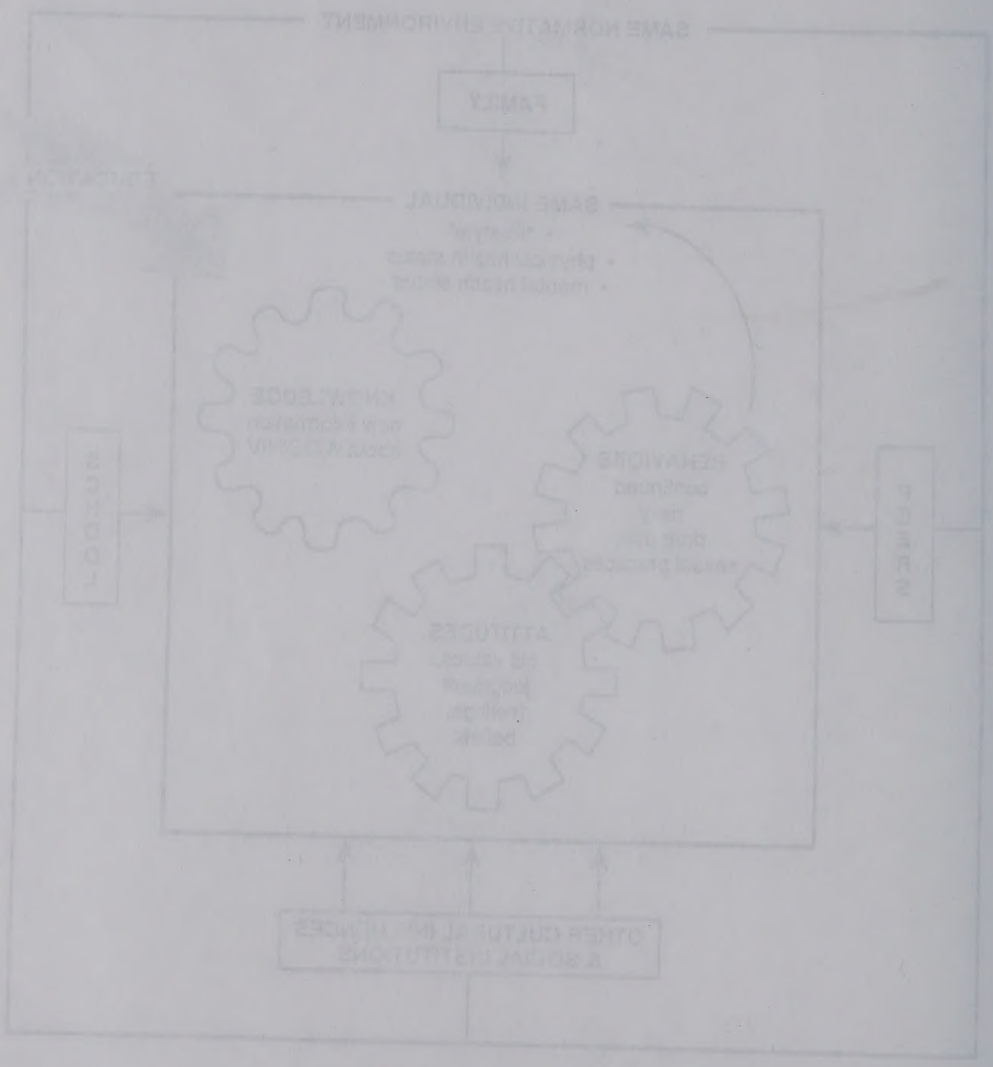
ELEMENTS CONTRIBUTING TO A PERSON'S LIFESTYLE & HEALTH STATUS



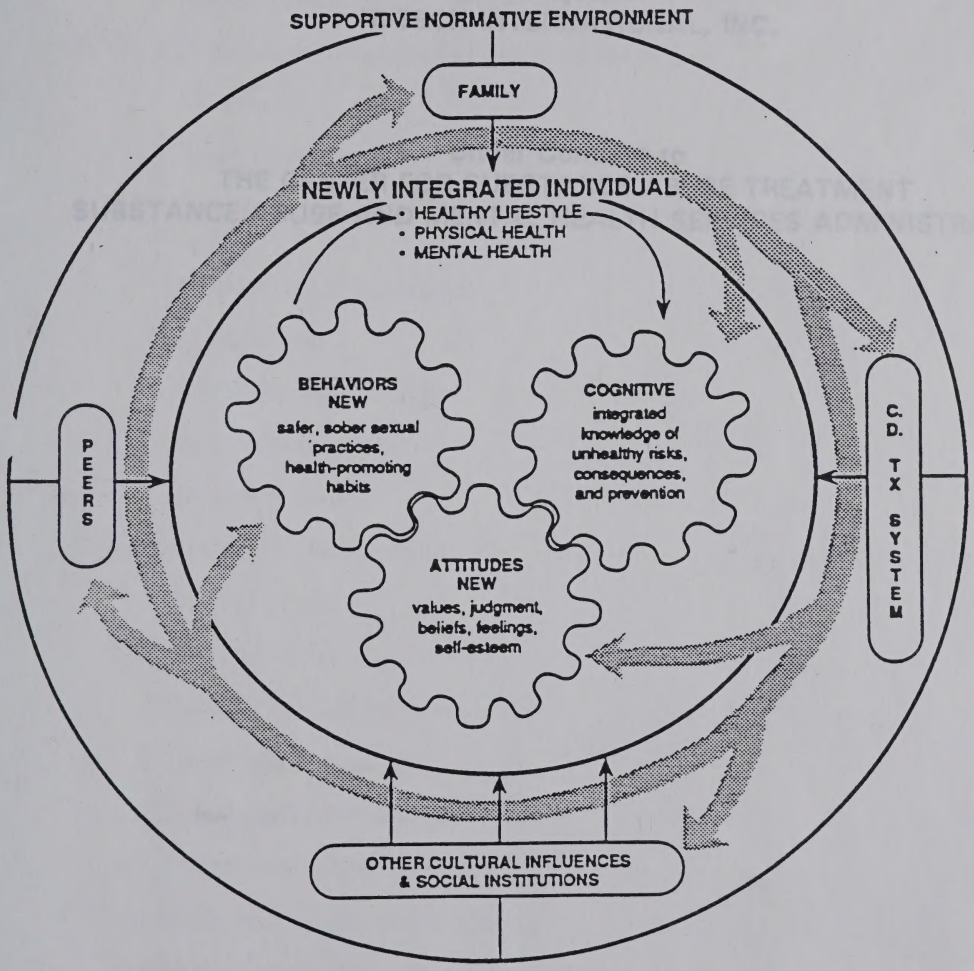


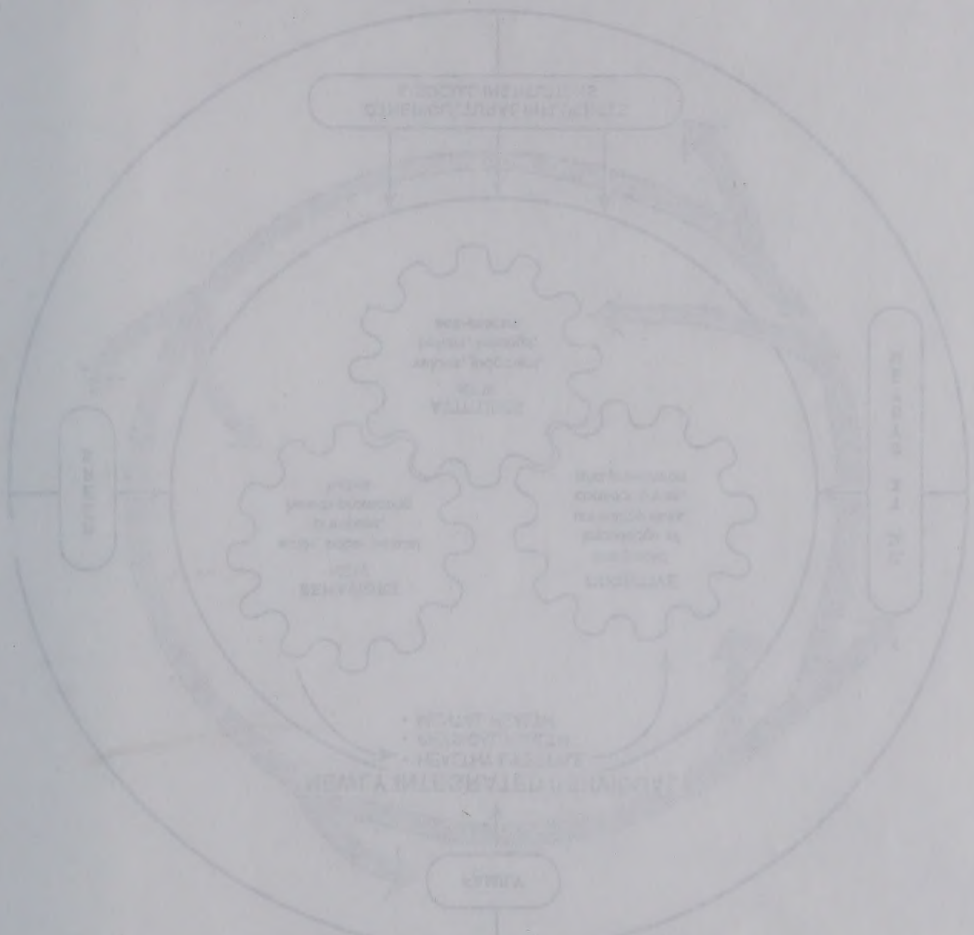
"RETOOLING" ONE ELEMENT DOES NOT NECESSARILY DRIVE CHANGES IN OTHER ELEMENTS





SUCCESSFUL PREVENTION IS THE RESULT OF MULTI-FACETED INTERVENTIONS





Developed by
THE CENTER FOR HIV/SUBSTANCE ABUSE TRAINING

A Project of
HI-TECH INTERNATIONAL, INC.

Under Contract to
THE CENTER FOR SUBSTANCE ABUSE TREATMENT
SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

AIDS: GET THE FACTS, NOT THE DISEASE. SPREAD THE WORD, NOT THE VIRUS

Without a crystal ball, no one can predict what direction AIDS will take in the next five years. However, some things are clear. Here are some simple facts about AIDS:

1. The HIV virus can be transmitted when:

   * You have vaginal, anal, or oral sex with an infected person.
   * You share needles or other injectable drug paraphernalia with an infected person.
   * You are infected and you have a child.

2. The HIV virus is not transmitted by casual contact such as:

   * Toilet seats.
   * Being around someone with AIDS.
   * Sharing eating utensils, clothes, work space, or a swimming pool with an infected person
   * A kiss or hug or handshake.
   * Giving blood.
   * Mosquitoes or other bugs.
   * Saliva, sweat, or tears.
   * Sneezes or coughs.

3. Symptoms of HIV infections include:

   * Swollen glands.
   * Fever and aches.
   * Diarrhea that lasts for weeks.
   * Unexplained weight loss.
   * Drenching night sweats.
   * Unexplained fatigue.

4. Three things we know about HIV infection:

   * Infected people slowly get sicker and sicker.
   * Almost everyone infected with HIV eventually gets AIDS.
   * AIDS cannot yet be cured, although treatment can slow its effects.

As you can see from the list of symptoms, HIV infection feels similar to some other illnesses, for example, flu. How can you tell if what you have is HIV infection or just a common bug? The flip side of this dilemma is that you can be infected with HIV and feel fine. The only way you can know if you are infected with HIV is to get tested.

If you are infected with HIV, but don't have any symptoms, you can still spread the virus to other people through unprotected sex, sharing drug equipment, or having a child.

Symptoms of AIDS include repeated, hard-to-get-rid-of bouts of illness such as pneumonia or thrush, tuberculosis, or a rare type of cancer called Kaposi's sarcoma.

Questions and Answers about AIDS?

Q: What is the HIV antibody test?

A: Antibodies are soldier-cells that our bodies produce to fight off infectious invaders like HIV. Our bodies' antibodies to other invaders like chicken pox and mumps are effective. So far, the AIDS virus has proven to be stronger than the antibodies we can produce. Nonetheless, the antibodies we make against HIV still serves a purpose: their existence in a person's blood lets us know that the HIV virus is there. When you get tested, some of your blood is drawn. Next a test is run to see if the antibodies are there. If this test is positive, it is repeated, and then another more accurate test is run to make absolutely sure. A positive test result means that the virus is there and that you have been infected. It doesn't necessarily mean that you have AIDS. It does mean that information about HIV, staying healthy, and not infecting others becomes very important for you to have.

Q: Can I get infected with HIV if I have "unsafe sex" just one time?

A: Yes. It's that simple.

Q: This guy I want to have sex seems like the healthiest person in the world He works out every day, runs, has a huge appetite, and never gets sick. This person couldn't have AIDS, could he?

A: Yes, this guy could have AIDS. You can't tell whether a person has AIDS just by looking at him, and you certainly can't tell whether they are carrying the HIV virus. Remember, a person with the virus can pass it on even if they themselves haven't developed AIDS. You can't be sure a partner isn't infected unless he or she has had the HIV antibody test. Even then, sometimes HIV antibodies don't show up on tests for many months after infection. Safe sex is always best.

Q: How is AIDS treated?

A: As you've probably heard, there's no cure for AIDS right now. Research has produced drugs such as AZT and, most recently, potent combinations of protease inhibitors which are currently our best hope for fighting AIDS. Even though some people with AIDS are living longer, surviving can be a full-time job.

Getting AIDS depends not on who you are, but what you do. There are real steps you can take and decisions you can make to protect yourself from infection Take them, make them today!

KEEP SAFE!

HIV is spread in blood, semen, vaginal fluids, and breast milk by anal, vaginal, and oral intercourse; sharing contaminated needles for injecting IV drugs; transfusion of contaminated blood products; childbirth; and breast feeding.

Definitely Safe

Don't have sex that includes sharing body fluids.
Have sex with one mutually monogamous, uninfected sexual partner.

Not As Safe, But Much Better Than Nothing

Have sex with someone only if you are certain their sexual past doesn't put you at risk.
Use a spermicidal latex condom each time you have sex.
Reduce the number of people you have sex with.

Risky Behaviors

Sharing needles or other injectable drug equipment.
Having sex with someone whose sexual history you don't know.
Having sex with someone you know has additional lovers.

FIVE STEPS TO A HEALTHIER AND SAFER SEX LIFE

1. Use a condom every time.

Condoms work! In a study of couples in which one partner was infected with the HIV virus, all 123 of the couples who used condoms every time for four years prevented transmission of HIV. In 122 couples who did not use condoms every time, 12 partners became infected.

2. Talk with your partners before the heat of passion is too much to stop.

Partners should care about each other and be interested in one another's pleasure, comfort, and health. Be open. Let your partner know your health concerns and sexual health history. Encourage your partner to be open too. Be direct. Talk about your sexual needs and expectations. Be persistent. Don't let your partner remain silent on these issues.

3. Keep medically fit.

Have a checkup for sexually transmitted infections every year. Protect your immune system. Eat well, get enough rest, and limit your use of alcohol, tobacco, and other drugs. Alcohol and other drugs weaken good judgment and self-control. Don't let them jeopardize your self-control.

CONDOMS

Condoms are sheaths that fit snugly over the penis. They protect against HIV by catching semen before, during, and after a man ejaculates and by reducing direct genital contact.

To Use A Condom:

* Open file packet carefully; be careful not to tear the condom.
* Pull back the foreskin if not circumcised.
* Place the unrolled condom over the tip of the erect penis.
* With one hand, press the air out of the tip of the condom. Friction against air bubbles is the cause of most condom breaks.
* With the other hand, unroll the condom all the way down to the base of the penis.
* After ejaculation, before the penis softens, hold the rim of the condom against the base of the penis to prevent spilling semen. Withdraw the penis and condom at the same time.

The U.S. Centers for Disease Control and Prevention consider latex condoms as the most effective at protecting against the HIV virus.

Lubrication helps protect the condom. Be sure to use only water-based lubricants with latex condoms -- oily lubricants can damage them. Remember that the condom has already been tested by the manufacturer. Do not test it yourself by inflating or stretching it.

Protecting yourself against HIV can reduce anxiety and make sex a lot more fun.

Don't let embarrassment become a health risk. Many people find it difficult to talk about sexuality. Some even find it shameful. But, don't let discomfort and shame get in the way of your health. Choose a clinician with whom you can be comfortable while discussing these issues. Keep yourself healthy be speaking frankly and openly with your clinician about your sex life and your concerns.

Sexually transmitted disease (STD or VD) is a risk whenever anonymous sexual encounters occur. Without knowledge of your partner's sexual history, it is possible, even likely that you could be exposed to a sexually transmitted disease. Asking a partner if they are "clean" is no guarantee that you will not be exposed to a disease.

Many sexually transmitted diseases do not show up immediately. You may acquire viral infections such as herpes, genital warts, hepatitis, or even HIV and have no symptoms for months or years and transmitted these diseases unknowingly. Viral infections are lifelong infections and to date have no cure. Other STD's such as gonorrhea, chlamydia, and syphilis are bacterial, but often are without symptoms. Once diagnosed, treatment can be given.

STD's occur wherever contact is made: the penis, the vagina, the throat, or the rectum can become infected. Unprotected sex is an invitation to infection. LATEX condoms used every time will lower your chances of acquiring an STD. However, they are not 100% effective--sometimes they may break.

Please Protect Yourself! If you feel that you may have been exposed to an STD, contact your doctor or contact the El Paso County Department of Health and Environment STD clinic at 578-3148.

Another personal safety issue, violent crime, has received much press over the last few years. The number of violent crimes has increased all over the United States. You are particularly vulnerable to violence when you are alone in a secluded area with a stranger. Bashings and murders have occurred in many secluded spots in areas known for anonymous sexual encounters. Don't become a victim. Get to know a potential partner before deciding to engage in activity with them.

The last issue is that of potential arrest for indecent behavior in public. The Colorado Springs Police Department has made over 150 arrests in the park for this activity. If overt sexual activity is detected you could be arrested, given a summons for a misdemeanor, and fined and be given community service and required class attendance if convicted. Vehicles can also be seized. Imagine trying to explain this to a significant other!

HEPATITIS C FACT SHEET
(Also called Hepatitis NonA NonB)

CAUSE: Hepatitis C virus

SYMPTOMS: Typical symptoms are abdominal discomfort, loss of appetite, nausea, vomiting, fatigue, and weight loss, and sometimes yellowing of the skin and eyes (jaundice). Symptoms can range from mild to severe. 75% of infected persons may have no symptoms. 30-50% of infected persons may carry the virus for years.

INCUBATION PERIOD: 2 weeks to 6 months, average 6-9 weeks.

HOW DO YOU GET IT?

The virus is present primarily in blood, and probably to a lesser extent in vaginal secretions and semen., Spread occurs when blood, semen or vaginal secretions from an infected person enters a break in the skin and mucous membranes (like the lining of the mouth & vagina or the white of the eye).

Spread to the following groups may occur when there is contact with acute hepatitis C cases or chronic carriers of hepatitis C:

1) Sexual or intimate partners - through sexual intercourse.

2) IV drug users - by sharing blood contaminated needles.

3) Health care workers with frequent blood contact.

4) Blood transfusion recipients - where the blood donor was infected with hepatitis C. This type of spread became less common when blood banks began discouraging persons at risk for HIV and hepatitis from donating blood in 1983. The risk has been reduced further now that blood banks screen all donors for hepatitis C antibody & destroy any blood that tests positive.

Other persons to whom hepatitis C may be spread (not enough information is available yet to be sure):

*) Infants born to mothers who are hepatitis C carriers.

*) Mentally retarded residents of institutions who have contact with hepatitis C carriers - through biting and combative behaviors, sexual contact, and occasionally sharing of personal items such as toothbrushes and washcloths.

*) Household contacts of chronic HB carriers -- through sharing blood contaminated personal items, such as toothbrushes, washcloths, and razors.

Hepatitis C virus is NOT spread through casual contact or in typical school, office, or food service settings. It is NOT spread by coughing, sneezing, or drinking out of the same glass.

HOW CAN YOU KEEP FROM GETTING IT?

*If you are in one of the above mentioned groups and may have been exposed, immune globulin may be given, though it is not clear yet whether this helps to prevent hepatitis C.

*When handling blood-contaminated objects or surfaces wear plastic, latex, or rubber gloves. Always wash hands thoroughly with soap and water if they become contaminated with blood. Wash blood contaminated surfaces with soap and water, then disinfect with a bleach and water solution (1 part bleach to 10 parts water).

*Disposable blood contaminated items should be bagged before discarding.

*Avoid sharing personal items such as washcloths, razors, toothbrushes, and gum.

*Prevent aggressive (biting) behavior.

*Health care personnel should wear gloves when caring for patients with bleeding or oozing wounds, or when in contact with other bodily secretions. They should not recap needles, but should dispose of needles in sharps containers.

*Dishes, eating utensils, toilet facilities, swimming pools, and water fountains require only the usual recommended cleaning procedures.

HOW CAN YOU FIND OUT IF YOU ARE INFECTED?

There is no blood test to detect the hepatitis C virus.

A blood test is available from your doctor to detect antibody to hepatitis C. A positive test can mean any of the following things:

1) False positive - even though a person has never been exposed to hepatitis C virus, the test sometimes is positive. We call this a "false positive" test.

2) Immunity - a person was infected at one time but their immune system has eliminated the virus from their body. These persons cannot spread hepatitis C to anyone else because they have no virus in their blood. The antibodies protect them from future infection.

3) Chronic carrier - this is a person who has been infected in the past and still has virus in their body. They may or may not be ill, but can transmit the virus to others. Chronic carriers may have abnormal liver function tests, and over time the virus can cause liver damage. Therefore, it is important that chronic carriers be under the care of a doctor.

4) Recent case of hepatitis C - the test can take several months after symptoms of hepatitis to become positive. If a person has current symptoms of hepatitis, abnormal liver function tests, and tests negative for hepatitis A and hepatitis B -- they may have hepatitis C whether or not their blood test for hepatitis C antibody is positive.

Colorado Department of Health
Epidemiology 4/91